

The Informer

March 17, 2023

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Mayflower's Well-Being Providers Group Is Expanding

Beginning in April 2023, Mayflower will add Well-Being health professionals.

Sydney Bradford, LAT, Acupuncturist

Sydney is Iowa Board of Medicine licensed and is certified through the National Certification Commission for Acupuncture and Oriental Medicine. She will be seeing patients in the Mayflower Integrated Health Center space in the lower-level of the Pearson building.

A Grinnell native, Sydney graduated from Central College, Pella, earning her Bachelor's degree in exercise science. She then graduated summa cum laude and valedictorian with her Masters in Acupuncture from Northwestern Health Sciences University, Bloomington, Minnesota.

During her education, Sydney completed over 500 clinical hours and numerous internships including Bloomington Natural Care Clinic, Integrative Clinic of Minnesota, De Rusha Clinic, and Woodwinds Hospital. Throughout these internships, she performed acupuncture treatments and other related modalities for patients in a variety of settings under the supervision of a licensed acupuncturist.

Sydney seeks to find the root cause of her patient's illness and provide holist treatment. Each treatment plan is developed using traditional Chinese medicine theory and modern diagnostic assessment while considering the patient's personal care goals.

Appointments with Sydney will be scheduled by calling 641-990-6940.

Shianne Arp, L.E., Esthetician

Shianne is the owner and lead esthetician at Pow.Co. Studio + Boutique, 1109 West Street, Grinnell (641-485-4962). She will be seeing patients in Mayflower's Integrated Health Center, located on the lower level of the Pearson building.



A Brooklyn IA native, Shianne attended the University of Northern Iowa before enrolling in the LaJames International College for Esthetics. She became a licensed esthetician in 2016. While in school, she quickly developed a love for working with the skin. Helping clients gain confidence and seeing results is the most enjoyable part of her work as an esthetician.

Shianne is certified in sugaring, a process that removes body hair by gently pulling the hair from the root. The treatment's designed for use with delicate skin. Named for the paste itself, it consists of lemon, water, and sugar. In addition, Shianne's services include relaxing facials, chemical peels, hydrafacials, and body waxing.

Shianne enjoys being the mother of her two sons while maintaining her professional practice. She looks forward to having meaningful conversations with her clients and making everyone with whom she works feel comfortable.

[If you click on this link](#), you can learn more and, also, schedule an appointment.

-Hannah O'Polka, CNS, FT, Mayflower Well-Being Coordinator

Omega-3 Fatty Acids and Brain Health

Working together to control NT (neurotransmitters) production and hormonal regulation, the gut and brain are equally important drivers of mental and emotional health. Last month's column explored the



foundational role bone broth plays in providing critical nutrients for gut healing and health. This month, the focus turns to the key nutrient for brain health: omega-three fatty acids. Foods rich in omega-three fatty acids are the backbone of brain health.

Did you know the human brain is approximately 60% fat? Additionally, numerous hormones contain fat molecules as a key structural component. Consumption of adequate dietary fats is critical to brain function and hormonal production, which have a direct effect on mental and emotional wellbeing. The key is understanding the difference between fatty foods that provide brain benefits versus high-fat foods that promote inflammation and deter brain health. This difference is caused by variations in the structure of the fat molecule. It's all about organic chemistry.

Keeping it simple, you should focus on eating real, whole foods rich in omega-three fatty acids. The omega-three structure is anti-inflammatory and is the most useful form of fat for brain function. A wide variety of foods are rich in omega-three fatty acids, making it easy to eat them daily.

Food Sources include:

- Beef. Grass-fed whenever possible.
- Seafood. Wild-caught whenever possible. Salmon, cod, halibut, herring, rainbow trout, snapper, tuna, striped bass, shrimp, anchovies, caviar, oysters, scallops
- Dairy and Eggs from pasture-raised cows and hens.
- Nuts and Seeds. Chia, flaxseed, walnuts.
- Oils. Avocado, flaxseed, hemp, walnut, cod liver, fish

Looking for recipe inspiration? [**Find 25 recipes ideas & inspiration here.**](#)

References:

Nutrition Essential for Mental Health: A Complete Guide to the Good-Mood Connection. Dr Leslie Korn. 2016.

-Meredith Crow, MA, RD, LD, Mayflower Dietitian



The next Mayflower Wine and Cheese event will be **Friday, March 31, 2023. 4:30-5:30pm. Buckley Dining Room.** Come and enjoy conversation...and refreshments!

Happy St. Patrick's Day!

Maybe you celebrate today wearing green, perhaps adorned with beads, maybe throwing a little St. Patrick's Day party or attending a parade...Or maybe you don't celebrate the occasion at all.



What is St. Patrick's Day and why do some folks or regions celebrate the holiday? Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. He was born in Roman Britain and brought to Ireland as a slave when he was 16. He later escaped and is renowned for bringing Christianity to his people.

In the centuries that followed Saint Patrick's death, the nuances and mythologies of his life became ingrained in the Irish culture. The most well-known legend of Saint Patrick is that he explained the Holy Trinity.



Until the mid-19th century, most Irish immigrants in America were members of the Protestant middle class. Then, the Great **Potato Famine** hit Ireland in 1845, and close to 1 million poor and uneducated Irish Catholics began pouring into America to escape

starvation. When Irish Americans in the country's cities took to the streets on St. Patrick's Day to celebrate their heritage, newspapers portrayed them in cartoons as drunk, violent monkeys.

The American Irish soon realized their growing numbers earned them a political advantage. Soon after, annual St. Patrick's Day parades became a show of strength and a good place to turn out for politicians.

Today, people of all backgrounds celebrate St. Patrick's Day, especially throughout the United States, Canada and Australia. In Ireland, St. Patrick's Day has traditionally been a spiritual and religious occasion.

You can find more historical information here, as the reference for this blurb.

-Temesha Derby, Informer Editor

Understanding Social Media (Part 1)

Does the thought of creating personal social media and a digital presence cause a headache? Social media and today's digital world don't have to be scary and overwhelming. Below, you'll find a quick snapshot of the 3 main social media providers that seniors are using.



So, what are these platforms? Facebook was born in 2004 and has nearly 3 billion users today. Facebook is a platform that originally started simply with connecting friends online near and far, and sharing posts and photos with your "friends" and keeping up to date with your "friends'" lives. Since the original platform of Facebook was created, it has evolved and has many more features now. Some of those features include- Marketplace- a place for buying and selling your items; Events- where you can go to find and share local or travel events; Dating- connecting people with potential romantic matches, and more!

Instagram started as an image-focused platform. Unlike Facebook, an Instagram post *requires* an image. Without an image, you can't make a post on Instagram. Instagram has evolved to videos and finding like-minded accounts by something known as hashtags (it appears like this: #). For example, once you create an Instagram account, you can "follow" accounts that are of interest to you. In the search bar you might look up #cooking, #cookingathomes, #newrecipes and then you can follow these hashtags so your Instagram feed will be filled with cooking and new recipe ideas.

Twitter; what is it good for? Twitter's main purpose is to connect users through short-series posts. It also uses hashtags and is more news-forward than other platforms. Like Instagram, you can search for topics you care about. Twitter is where you'll find your politicians, local representatives, and newsworthy accounts. For example, you can follow the New York Times and USA Today accounts if those are topics and news that you like to follow.

All of the social media platforms above are ways to stay connected and up-to-date on the topics you like. Your social media platforms can be curated to your interests. If you feel like trying any of these out, Google search "create Facebook account" (or other social media platform) and follow the instructions from there!

-Temesha Derby, Informer Editor

Lyceums



February Lyceum Programs
Thursday Evenings, 7:00pm
Carman Center

Mar 23: Flute-iano Duo (Kris McKlveen and Glenda Duffus)
Mar 30: Royce Wolf, pianist

Apr 6: Mark Laver
Apr 13: Kent Mick and Kevin Boehnke
Apr 20: Tony Perman & Mbira Ensemble
Apr 27: Kelly Maynard & Vox Feminae

May 4: T.B.D.
May 11: Calle Sur
May 18: T.B.D.
May 25: Too Many String Band

-Bob Butterfield, Events Committee Chair

Flute-iano Duo: Kris McKlveen and



Glenda Duffus
Thursday, March 23, 2023. 7:00pm
Carman Center

For Prairie City flutist Kris McKlveen and Newton pianist Glenda Duffus, retirement was no reason to shelve their sheet music. So, three years ago the two decided to take their love of song into senior living and care centers around central Iowa, forming the Flute-iano Duo.

“It’s really enriching for me to partner with Glenda and to collaborate with her. We both have some of the same ideas about presenting music to the public,” McKlveen said. “It’s given us an opportunity in retirement to pursue our love of music and share it with others. It’s a ministry.”

Every two to three months, the Flute-iano Duo will book a round of gigs at senior living and care centers in Pella. The Prairie City and Newton musicians have played for audiences throughout central Iowa, including shows in Newton, Pella, Pleasant Hill, and Des Moines.

McKlveen said their set lists are usually filled with what she and Duffus call “light classical.” The duo also dabbles in Broadway show tunes, pop music from the 1940’s to 2000’s and sacred selections — both older hymns and contemporary.

McKlveen has played flute since she was 10 years old. Her father, a junior high band instructor for Muscatine and Fort Madison community schools, liked the instrument and thought the flute would be a good fit for his daughter. Her career was also in music. After majoring in music at Luther College in Decorah, McKlveen taught fifth through eighth grade band at Pella Christian Grade School for 17 years, retiring in 2013. She still teaches private flute lessons and also serves as a flute consultant for Pella Christian High School. She sings in the choir and regularly plays at her church in West Des Moines. She also plays in the chapel at Lutheran Hospital in Des Moines.

Duffus is also a retired elementary music instructor, teaching for the Newton Community School District. Before she entered the music

room, Duffus taught kindergarten and second and sixth grades. A graduate of Central College, she earned degrees in music and elementary education.

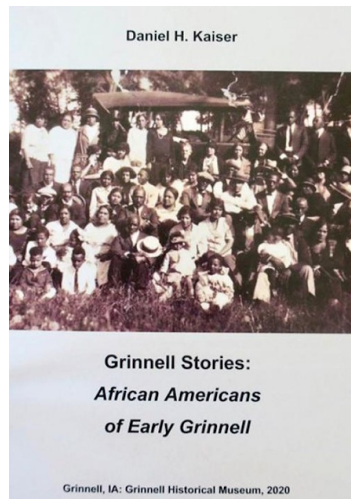
While at Central her major instrument was piano. Duffus often served as piano accompanist for students, as well as faculty. She studied with Dr. Donald Gren, her piano instructor and extensively with Professor Edith LeCocq. These days Duffus is active in her Des Moines church choir, teaches private piano/voice, and directs a community handbell ensemble.

-Gerry Guenther, Events Committee

Resident News

Grinnell Black History Book by Dan Kaiser

Our resident, Dan, has researched and written about early Grinnell citizens who were African Americans.



His book, “Grinnell Stories: African Americans of Early Grinnell,” has been published by the Grinnell Historical Museum. (Scott Gruhn, our Director of Facilities and Operations, serves on that board.)

See a very interesting write-up about Dan’s work in the *Cedar Rapids Gazette*. The book can be purchased at the **Pioneer Bookshop** in Grinnell.

Orlan Mitchell Celebrates His 90th at Mayflower

On Monday, March 13th, Mayflower resident, Orlan Mitchell, celebrated his 90th birthday with a family and residents reception in the Buckley Dining Room.

A resident of Mayflower since 1996, Orlan



moved from his original Harwich Terrace patio home to a Buckley apartment last October. Orlan, a retired United Church of Christ pastor, provided planned giving support for The Mayflower Community from the 1980's until 2007.

-Bob Mann, Mayflower Sales & Marketing Director



Celebrating Dorothy Christinson

On March 2nd, family and friends honored Dorothy Christinson, 93 with a memorial service at the Smith Funeral home that was followed with a luncheon in the Mayflower Buckley Dining Room.

The reception was punctuated with a place setting and Dorothy's favorite meal at her preferred table in the Buckley Dining Room where she set a record for most meals dined at Mayflower. See photo.

Dorothy lived at Mayflower in three different independent living apartments from July 1994 until she died on February 25th of this year.

When Dorothy was 18, she moved with her parents and two younger brothers from Dekalb, Illinois to Grinnell, where she lived the rest of her life. A hard worker, she employed by the Maytag Corporation in Newton from 1954 to 1984, 30 years. Dorothy never missed one day of work, while doing that regular drive from Grinnell to Newton. After retirement, Dorothy cleaned homes, including Mayflower Harwich Terrace patio homes and traditional apartments.

Dorothy had four nephews and nieces, nine greats, and four great-greats. She is survived by her Grinnell brother Paul (Marjorie) Christinson of Grinnell.

-Bob Mann, Mayflower Sales & Marketing Director

Metropolitan Opera: *Lohengrin*



Richard Wagner's masterpiece, *Lohengrin*, will be returning to the Met stage after 17 years. The production will take place (**tomorrow!**) on Saturday, March 18th.

In a sequel to his production of *Parsifal*, director François Girard unveils an atmospheric staging which displays his striking visual style and keen dramatic insight to Wagner's breathtaking music, with Music Director Yannick Nézet-Séguin on the podium. They will conduct a supreme cast led by tenor Piotr Beczala in the title role of the mysterious swan knight.

[Tickets can be purchased here.](#)



MRA April Forum
Tuesday, April 11, 2023. 2:00-3:30pm. Kiesel Theatre

Drake Community Library Online Services
By Monique Shore, Technology Administrator, Drake Community Library

Monique will provide information about the library resources that are available online, including ebooks, streaming movies & music, research tools, and local history materials that can be explored from a computer, tablet, or smart phone. She will provide a general overview and then follow the interests of participants and go into detail on resources that are of most interest. In addition, Monique will provide a live demonstration as we explore DCL (Drake Community Library) Online together. Bring your questions, bring your devices, or just bring your curiosity and we will explore the library together!

Monique has worked at the public library in Grinnell since 1991. Her position as Technology Administrator has evolved as technology has evolved over the last three decades. She oversees all computers/network, audio visual, website, and online resources. Her favorite part of the job is related to preserving and sharing local



March Treasure Chest: Music Recording History

The Pearson lobby Treasure Chest, a function of the Mayflower Residents Association, is featuring the history of music recording and the technological changes it has experienced.

This unique display includes unique items from the collection of one of our residents—objects, images, text. This “micro-museum” documents the history of what will soon be something of the past.

Included is an original 45's player from 1949. Other items include records, CDs, and mechanical devices.

Come see it!

For information about the Treasure Chest, contact Doug or Ginny Cameron (236-4544), cameronV641@gmail.com, or Janis Peak (236-8993).

Armchair Travels Mayflower's Kiesel Theatre *2:00pm on Thursdays*

Below are the upcoming virtual "trips."

March 23rd

Israel, King Solomon's Mines
Korea, Seoul

March 30th

England, The QE2
Norway, Bergen, Fjords & Mountains

April 6th

Pacific Island, Fiji, Vanuatu & Solomon Islands
Extra, Fiji Airport



The Story of Shopping I

April 13th

France, Paris

The Story of Shopping II

April 20th

The Bible Buried Secrets

April 27th

U.S., Massachusetts, After the Mayflower

-Shane Estes, Resident



**Kiesel Theatre Movie
Saturdays, 2:00pm.**

March 18th: *Shall We Dance?*

(2004). Richard Gere and Jennifer Lopez step out in a delightfully sexy comedy with an all-star cast. John Cark (Gere) is a meek workaholic who feels trapped in a dull, mind-numbing existence. But one night his whole life changes when a dance instructor (Lopez) inspires him to break out of his mold and sign up for ballroom dancing lessons. PG-13. 106 min. English subtitles.

March 25th: *Bury My Heart At Wounded Knee* (2007). The action begins with the Sioux triumph over General Custer at Little Big Horn and centers on the struggles of three characters: Charles Eastman (Adam Beach), the Dartmouth-educated Sioux doctor; Lakota Sioux Chief, Sitting Bull (August Schellenberg); and Senator Henry Dawes (Aiden Quinn). The proud Lakota chief refuses to submit to U.S. government policies designed to strip his people of their identity, their dignity, and their sacred land, the Black Hills of the Dakotas. Sen. Dawes is driving the restrictive government policy on Indian affairs. Eastman and schoolteacher Elaine Goodale (Anna Paquin) work to improve life for the Sioux on the reservation. This is a Western classic—insightful, deeply affecting, and visually-striking. Not rated. 132 min. English subtitles.

Mayflower Worship Opportunities

Weekly Devotions:

- *The Last Week: A Day-by-Day Account of Jesus's Final Week in Jerusalem*

By Marcus Borg and John Dominic Crossan

Led by Rev. Bonnie Lipton

Tuesdays at 11:00am (30-40 minutes). Carman Center

- March 21st. Journeying with Jesus on His final Thursday. Reflection Instrumental Music: "Let Us Break Bread Together."
- March 28th. Journeying with Jesus on His final Friday. Reflection Instrumental Music: "The Old Rugged Cross."
- April 4th. Journeying with Jesus on His final Saturday & Easter. Reflection Instrumental Music: "In The Garden."

Weekly Bible Study – Thursdays. 11:00am. Buckley Anchor Room. Scripture passages announced in advance. Printed copies available or bring your own Bible. Anne Sunday, Leader.

-Pat Lipton, MRA Spiritual Life Committee Chair

Residents' Birthdays

Arnie Adelberg on March 17th
Karen Packard on March 17th
Georgia Langerud on March 18th
Bill Pollak on March 18th
Jill Kaiser on March 19th
Catherine Rod on March 20th
Gene Rohr on March 20th
Bob Myren on March 21st
Beryl Clotfelter on March 23rd
Jan Lovig on March 23rd
Linda Stoll on March 24th
Phyllis Goldman on March 25th
Tommy Haas on March 28th
Carol Crawford on April 1st

Barbara McConnell on April 1st
Lisa Case on April 2nd
Dottie Blazek on April 3rd
Jo Entwisle on April 3rd

In Memoriam

Patricia (Pasha) Buck
Birth: April 14, 1932
Death: March 4, 2023

Informer Publication Schedule

Submission deadline: March 24th for publication March 31st
Submission deadline: April 7th for publication April 14th
Submission deadline: April 21st for publication April 28th
Submission deadline: May 5th for publication May 12th
Submission deadline: May 19th for publication May 26th

Find more of *The Informer* online [here!](#)



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Mayflower
Information



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